Toronto metro

CANADIAN MEDAL COUNTER 4 3 11

GO CANADA!
Medal haul on Day 13

Your essential daily news | WEEKEND, AUGUST 19-21, 2016 | High 28°C/Low 22°C Partly cloudy

‘This is not something that can be ignored anymore’

The haunting image of war that touched hearts worldwide. Syrians in Toronto react,

metroNEWS

INDIGENOUS YOUTH

Fighting racist logos in sports

Gilbert Ngabo
Metro | Toronto

Indigenous youth are adding their voices to one woman’s call for Ontario schools to do away with racist names, logos and mascots for sports teams.

“It’s long overdue,” said Sam Mukwa Kloetstra, a youth council coordinator for the Toronto Indigenous Health Advisory Circle.

Young people need to be at the forefront of the campaign to help support their culture and history, he said.

“These team names and mascots exist because in the past we weren’t allowed to have an opinion on the representation of ourselves because we were considered subhuman,” Kloetstra added.

Brampton teacher Debbie White launched the proposal at this week’s Elementary Teachers’ Federation of Ontario annual meeting in Toronto. Schools in Mississauga and Brampton have promised changes.

Neither of the Toronto school boards has teams that use indigenous names and symbols.

But, it’s not hard to find other examples across Canada, Kloetstra said. “We still have the Edmonton Eskimos, for example,” he said, noting such names make indigenous people feel “ashamed and mocked.... The change is not about political correctness. It’s about treating other people fairly.”

CNE GOES BACK TO ITS CLASSIC ROOTS METRONEWS

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Interac | Pay

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metro NEWS
Your essential daily news

Uber will soon offer rides in self-driving cars in Pittsburgh, Pennsylvania.

BURLINGTON SKYWAY

Bridge walker charged

A 21-year-old daredevil has been charged after a video was posted showing a man walking across the top of the Burlington Skyway bridge without a safety harness.

The video, posted Monday, shows a man getting out of a vehicle on Aug. 2, walking up an arch and standing at the 64-metre peak of the bridge.

After planning to catch the sunrise, the climber slowly turns the camera on himself and can be seen wearing sunglasses, a mask over his lower face and another camera strapped to his chest. Cars driving on the QEW that early Tuesday morning are seen in the background.

Police responded to a call about a man on the bridge at about 6 a.m., according to Sgt. Kerry Schmidt of Ontario Provincial Police. Schmidt said 21-year-old Conor Friday has been charged with one count of trespassing, one count of being a pedestrian on a highway and was fined $120. TORSTAR NEWS SERVICE

Video of a man appearing to walk on the Burlington Skyway bridge. YOUTUBE

Toronto 4th for liveability

URBAN LIFE

...but city's infrastructure gets lowest marks of Top 10

May Warren
Metro | Toronto

Toronto has, again, been named one of the most liveable cities in the world.

But, the ranking — doled out Thursday by the data arm of the Economist — highlights one area where the city is coming up short: infrastructure.

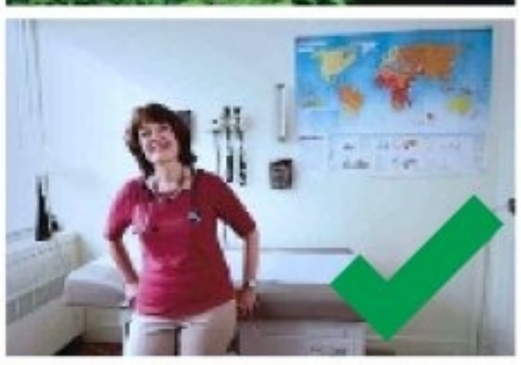
That means everything from overcrowded public transit to the crumbling Gardiner to aged underground pipes that cause frequent flooding.

"This is consistent with what we've known about Toronto for a long time, said Matti Siemiatycki, a geography and planning professor at the University of Toronto.

"The city is bustling, and is exciting, and is safe, and has great schools and is a great place to live and so it scores very highly in these liveability rankings," he said.

"But we essentially have been living on the benefits of infrastructure that was built decades ago."

Overall, Toronto was ranked the fourth most liveable city out of 140 around the world.



The report doles out perfect scores for stability, health care and education, while culture and environment garnered a 97.2. Infrastructure, meanwhile, came in at 89.3 — the lowest of any city in the Top 10. TORSTAR NEWS SERVICE FILE PHOTOS

The report gave perfect scores for stability, health care and education, while culture and environment garnered a 97.2.

Infrastructure, meanwhile, came in at 89.3 — the lowest of any city in the Top 10.

The good news, Siemiatycki said, is that infrastructure funding is on its way and the city has already started investing more in transportation projects.

Joseph Lake, an economist who worked on the rankings, said it's important to remember Toronto is still miles ahead of many other cities.

Kyiv and Dhaka, for example, both of which landed in the bottom 10, received infrastructure scores of 42.9 and 26.8 respectively.

"Anyone who comes in the Top 20 or even the Top 30, that's a world class city where you're very lucky to be born," Lake said.

TOP 5
most liveable cities

1. Melbourne, Australia
2. Vienna, Austria
3. Vancouver
4. Toronto
5. Calgary and Adelaide, Australia (tied)

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METRO SUMMER FIELD TRIP

Kayaking in the city

The midday sun beats down on Lake Ontario as a trickle of tourists and city dwellers make their way to the south edge of Rees Street. People in need of pointers are schooled by long-time instructor and kayak aficionado James Seabrook. Water enthusiasts can grab their boat of choice for a few hours or a full day, and with the lengthy days of summer drawing to a close, there's no better time to wander down to the shore and hit the waves. LIZ BEDDALL METRO

Left: James Seabrook has been an instructor at Toronto's Harbourfront Kayak and Canoe Centre since 2005. Circle: Probjot Brar, 18, left, and Vicky Phan, 19, rent out a kayak for the first time at Toronto's Harbourfront Kayak and Canoe Centre.

NEW PRODUCTS

Exhibition back in the gadget business

Newfangled products shown at the CNE in years past included liquid soap, colour television and vacuum cleaners. TORSTAR NEWS SERVICE

For decades, the end of summer ritual of visiting the Canadian National Exhibition was also the only chance for fairgoers to catch a glimpse of the newest gadget or product due to hit the market.

In 1888, Canadians got their first look at the telephone as well as Edison's phonograph. In 1929, G.H. Wood showed off liquid soap. In 1939, RCA Victor unveiled the television. In 1958, a forerunner to the microwave was on display.

"I remember my father looking at cars covertly because my mother didn't want one," said CNE president Brian Ashton, who grew up in Scarborough.

"I think our family's first colour television set came from the CNE. It was a place where products were showcased – it could be as a crazy as a new mop or a new vacuum."

But in recent years, Ashton said the idea of going to the CNE to see the latest and greatest has waned. That's why the Ex is hoping to resurrect a bit of that history this year by running the Innovation Garage.

The garage, which runs from Friday to Sunday at the Enercare Centre, will feature some products for sale, while others are only in the development age.

"With the 21st century economy, products are always in their infancy. They are evolving," said Ashton, adding this is a chance for companies to reach out to the broader public.

"The CNE is moving into the future by challenging this notion that people will survive on a computer in their basement," he said. "People want to be around like-minded people. They want to touch things. They want to have fun. They want to share ideas."

Richard Lachman, a professor in the Faculty of Communication and Design at Ryerson University, a partner in the Innovation Garage, says the exhibits are a chance for public to connect with innovators.

"Innovation is about making it and getting out in front of people," he said, instead of working on something for five years and spending all your money to discover it doesn't work or won't sell.

"You don't design for other people. You design with them," said Lachman, who heads Ryerson's Zone Learning program, which has 10 different zones, from social ventures to fashion.

"Innovators want to get feedback."

TORSTAR NEWS SERVICE

4 innovations at the Ex

Top: Selftraits — Figurines made fro 3D scans **Right: ZooShare** — Using zoo poo to produce energy and fertilizer **Bottom left: Little Storybook** — Kids write and draw through an app with augmented reality **Bottom right: Candy Cutlery** — Comes in vanilla, peppermint and dark chocolate flavours ALL PHOTOS CONTRIBUTED

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A library that has no books

GARDENING

Why this group is growing knowledge of a different kind

May Warren
Metro | Toronto

People looking for book titles in these drawers at the University of Toronto's Robarts Library find gems of a different kind. COURTESY AMELIA CLARKSON/UNIVERSITY OF TORONTO LIBRARIES

There's a card catalogue at the University of Toronto's Robarts Library that does more than help people look for books.

Instead, what people find inside can one day turn into everything from beans to watermelons.

It's one branch of the Toronto Seed Library, where people can "borrow" seeds through a program aimed at bringing gardening to people who might not otherwise be able to dig in.

The city's 22-branch network has been growing since 2012 and has dispensed at least 100,000 seed packets — many of them to new Canadians and people who might not otherwise be into gardening, like highrise renters.

In many ways, it operates very similar to a conventional library with space carved out in places like community centres, said co-founder Katie Berger.

"Except where book libraries keep knowledge in the commons, seed libraries keep seeds part of the commons and accessible to everybody," she said. "The idea is that, until very recently in history, you couldn't buy seeds, everyone would just save and trade them amongst themselves."

Branches of the Toronto Seed Library are spread out across the city. GOOGLE MAPS

GO AND GROW

A sampling of what you can sprout from offerings at the seed library:

- Tomatoes
- Sunflowers
- Watermelon
- Spinach
- Echinacea

Once someone has borrowed seeds they're kindly asked to harvest some from what they grow and make a donation.

The library also offers workshops on seed saving and aims to keep diverse varieties of seeds in circulation to improve biodiversity.

Librarian Nalini Singh said many of the people who visit the Robarts branch are first-time gardeners.

The initiative teaches people that they can "grow food and flowers in all sorts of places in the city, whether you have a balcony garden or just a little plot," she said.

FINAL CONCERT

Where to catch the Hip

If you can't make it to Kingston and don't have cable, don't worry.

There are still plenty of places to catch the Tragically Hip's final concert at 8:30 p.m. Saturday.

Best to check before showing up though. Tickets — and space — have been going fast.

- CNE Bandshell: It starts at 8:30 p.m., following a concert by Jefferson Starship. Free with admission to the CNE grounds.
- Carlton Cinema: Free, but donations to the Canadian Cancer Society will be accepted.
- Danforth Music Hall: The concert will play out on a 420-square-foot screen. Admission is free.
- Hot Docs Cinema: Tickets are free; limited to two per person.
- The Revue Theatre: Doors open at 7 p.m. There will be a music trivia contest with prizes.
- Sorauren Park: Yes, there will be a big outdoor screen.
- The Horseshoe Tavern: Free; doors open at 7 p.m.
- Junction City Music Hall: No cover charge but donations will be accepted for Sunnybrook Hospital's Gord Downie Fund for Brain Cancer Research.

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Eglinton's digging done

INFRASTRUCTURE

Light rail project just isn't boring any more

After their long, subterranean journey, Toronto's favourite tunnel boring machines — Don and Humber — arrived at Yonge St., signalling the completion of the 10-kilometre LRT tunneling.

Over the course of their 3,300 metre trip, Don and Humber installed 26,178 precast concrete tunnel segments. Tunnel boring machines Dennis and Lea completed the tunneling on the western side of the Crosstown line in May.

The LRT is expected to be in operation by September 2021, 10 years after construction began. By 2031, the light rail vehicles — built by Bombardier — are expected to carry roughly 5, 500 passengers per hour during peak travel times.

Once it is in full-swing, the LRT is projected to support travel up to 60 per cent faster than existing bus service.

Construction is currently ongoing on three Crosstown stations — Keelesdale, Laird and Avenue — with initial demolition work underway at stations throughout the line.

The new LRT line will have a total of 25 stations and stops along Eglinton Ave. — reaching between Weston Rd. and Kennedy Station — and will link to 54 bus routes, three TTC interchange subway stops, and GO Transit.

The Ontario government has invested $5.3 billion in the project, which represents the city's largest transit project in a generation.

TORSTAR NEWS SERVICE

Tunnelling is complete on the 10-km underground tunnel of the Eglinton Crosstown Light Rail Transit (LRT) line.

COURTESY METROLINX

MOWAT CENTRE

Share or face gridlock: transportation report

Transit planners across the Toronto and Hamilton region can either embrace new and disruptive technology like Uber, or resign themselves to a future of endless gridlock compounded by striking taxi drivers and a gutted public transit system that hardly anyone uses, according to a new report by the University of Toronto's Mowat Centre.

While that dystopian vision comes from the report's somewhat stylized worst-case-scenario description, co-author Sara Ditta said the themes underpinning it are serious and pressing.

"The fact is that shared mobility is here," Ditta said. "It has and will continue to change how people travel, and policy makers need to take steps to address that."

"Shared mobility" is the term Ditta and her colleagues use to describe the current shift away from personal ownership of things like bikes and cars toward shared use of those resources though apps such as Uber and Lyft, publicly-owned bike share programs and other innovations of the so-called "sharing economy."

The report, commissioned by Metrolinx and released Friday, argues that rather than restrict — or worse, ignore — these new technologies, cities across the Toronto and Hamilton region should seek ways to incorporate them into future transit plans.

"One of the findings is that working towards developing an integrated system involves a certain level of partnership," with companies like ride-hailing service Uber or car-sharing services like Zipcar, Ditta said.

That may seem like radical thinking considering the ongoing tensions — particularly in the taxi industry — over Toronto's new licensing of Uber drivers. But Ditta and her colleagues say more such careful and considered regulation is needed in municipalities across the region.

The goal isn't to replace traditional transit options like taxis or public transit, but to allow new companies to help fill gaps in the existing system, the report says.

If, however, regional municipalities work with companies like Uber to ensure its services compliment rather than compete with public transit, things could run more smoothly than they do right now, the report says.

TORSTAR NEWS SERVICE

+/- PRO/CON SHARED MOBILITY

BIKE-SHARING.

Pro	Con
■ It's one potential solution to the problem of how people enter or leave a public transit system.	■ Bike sharing as a solution for commuters is largely dependent on users living close to a docking station.

CAR-SHARING. Companies like Zipcar allow users to book cars online, often through a membership scheme.

Pro	Con
■ It helps reduce private car ownership and greenhouse gas emissions.	■ It can use up available street parking spaces.

RIDE-SOURCING. Users to hail rides from non-professional drivers via a smartphone app such as Uber.

Pro	Con
■ It can be a cost-effective alternative to private car ownership.	■ If unregulated, it could lead to labour issues and exclusion of the disabled.

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ZOO'S NEW BABY ZEBRA ONE OF ENDANGERED SPECIES The Toronto Zoo has unveiled its newest baby. Meet Rey, a Grévy's zebra born at the Toronto Zoo on July 26. She's not just a cute baby but a coup for conservation. The species is endangered and there are only about 2,000 left in the wild according to the zoo. COURTESY TORONTO ZOO

Fans praise Kanye for popup store

MERCHANDISE

Ossington Ave. shop one of just 21 opening this weekend

Local Kanye West fans are praising Yeezus after the rapper announced he will open a popup store in Toronto this weekend, the only Canadian location of 21 shops worldwide.

The Toronto popup will be at 12 Ossington Ave., near Queen St. W., said Dayna Shiskos, a spokesperson for Universal Music. It will be open from 10 a.m. to 7 p.m. Friday, Saturday and Sunday, she added.

West tweeted a map with red dots indicating the stores' locations Wednesday night and also posted it on his website. Fourteen of the stores will be in major cities in the U.S.

West appears to be expanding the popup store concept following a successful run at a New York City location in March. The New York Daily News reports that shoppers lined up for blocks to snatch a piece of clothing inspired by Life of Pablo, West's latest album. A recycled Levis jacket customized by West was on sale at the store for $400.

Kanye West. GETTY IMAGES FILE

West is due to join the club of celebrities who have drummed up the buzz around their brands with popups in Toronto. In May, Justin Bieber fans lined up for the chance to buy $100 hoodies saying "Bieber 6" and other merch at a temporary store on Queen St. W. And in April, Drake personally greeted fans and gave away T-shirts at a downtown popup before releasing his fourth studio album, Views.

For brands, popups are opportunities to test a new market and deal directly with buyers, without paying the high overhead costs associated with permanent locales.

But some might wonder what popups' appeal is for customers, who often stand in line for hours and pay exorbitant prices. "From a consumer perspective, we crave fear-of-missing-out opportunities," explained Jeremy Baras, the CEO and founder of the Chicago-based consulting firm, PopUpRepublic.

West hasn't said what wares his popups will carry, but Vogue says each will have tees and hoodies with Los Angeles artist Cali Thornhill DeWitt's gothic font.

TORSTAR NEWS SERVICE, WITH FILES FROM THE ASSOCIATED PRESS

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Mounties tight-lipped on foiled terror plot

INFORMATION

Aaron Driver investigation shrouded in secrecy

The RCMP has thrown a cloak of secrecy over many of the details around its Aug. 10 takedown of alleged terrorist Aaron Driver, saying investigations are ongoing.

In the immediate aftermath of the incident senior RCMP commanders provided a few key pieces of the story but put off many questions. They said investigations into a "still unfolding event" had not been completed.

But the Mounties were clear last week they had no information that Driver had any accomplices in what they said was a plan to cause mass casualties in an urban centre with a homemade explosive device.

One week after his death, the Mounties remain tight-lipped.

Cab driver Terry Duffield, who was injured in the event, is demanding answers to his questions.

Duffield spoke out Thursday to say the police put his life in danger by failing to warn him as he waited in the driveway for the 24-year-old to emerge from his sister's home in Strathroy, Ont.

"Why did the police put my life jeopardy? They did absolutely nothing to help me at any time," Duffield told the London Free Press.

The RCMP did not respond to a request Thursday for comment on Duffield's concerns.

The RCMP also declined repeated requests over the past few days for information about the status of the investigation into what explosive material Driver had amassed, and how and where he obtained the material. The investigation is being led by RCMP forensics and explosives experts, said assistant commissioner Jennifer Strachan last week. TORSTAR NEWS SERVICE

Video footage showing Aaron Driver is seen behind RCMP Deputy Commissioner Mike Cabana, left, and Assistant Commissioner Jennifer Strachan during a press conference in Ottawa on August 11. JUSTIN TANG/THE CANADIAN PRESS

FIRST NATIONS

B.C. filmmaker wins Kevin Spacey award

David P. Ball
Metro | Vancouver

Mary Galloway will never forget the day she received a call from the foundation of one of her filmmaking heroes, House of Cards creator and star Kevin Spacey.

For one, the First Nations actor learned she'd been shortlisted to become the first-ever Canadian filmmaker ever to win the Oscar- and Golden Globe-winning actor's "Artist of Choice" award — and with it professional mentorship and $10,000 towards her upcoming film about a First Nations nanny in the 1970s.

Mostly, however, she was shocked to discover that Spacey would be hand-picking the winners himself for his emerging artists fellowship, from roughly 2,000 applicants.

"I was just speechless. I still haven't stopped smiling about it."

Galloway — an acting grad of Vancouver's New Image College of Fine Arts — submitted for his consideration Unintentional Mother, a short film she wrote in which she'll portray a young First Nations nanny forced to choose between loyalty and escaping abuse from her father.

Originally from Qualicum Beach, Galloway is Coast Salish and her directorial debut will unite two of her professional passions: writing memorable characters she can act on screen and "showing First Nations girls they can do what they want."

"I want to be a strong female First Nation actress who helps show them their voice, to be brave and to take chances," she said. "We have so much to contribute in the world."

Mary Galloway
DAVID P. BALL/METRO VANCOUVER

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JP Del Carmen (MBA '16), Associate Marketing Manager, General Mills

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Kris Chung, left, Binh and Phuoc Wagner and mom Johanne Wagner in Kingston, Ont., on Thursday. **Kris donated part of his liver in April, 2015 to save Binh.** LARS HAGBERG/THE CANADIAN PRESS

Donor aims to help more kids

TRANSPLANT

Family starts non-profit for children in Vietnam

Kris Chung knew he had to help when he first read about an unspeakable choice facing an Ontario father who could only save the life of one of his two ailing three-year-old twin daughters.

Chung was in the middle of his first year at Royal Military College in Kingston, Ont., in 2015 when he saw a picture of Phuoc and Binh Wagner's family — also living in Kingston — and noticed their father's military uniform. Michael Wagner is a major in the army with three tours to Afghanistan under his belt.

The twin girls lived with a genetic disorder called Alagille syndrome that affects the liver, heart and other organs. Michael Wagner, a perfect match for both, donated part of his liver to save Phuoc — a choice made by the doctors.

Little Binh waited for another perfect match.

Chung, whose father is from Vietnam, felt the pull further the more he read — the Wagners adopted the twins from Vietnam.

"I decided to help because it's the right thing to do and we're in the military so we help each other out," said Chung, now 21.

Even in the early days of military school, Chung said he felt like he was already part of the rat race, everything done to pursue a lucrative career.

"I feel like four years of a prime time in my life taken away by school where I don't give back to my community is kind of a burden," Chung said.

"So I put my name in and got a call a week later."

After many successful screenings he was the second on the donor list.

"I was disappointed because I put in a lot of effort and I knew I was one of the healthiest candidates around."

Then the top choice backed out and he got a call from the hospital and was told to be in Toronto in 12 hours. He hopped on a train within hours and was en route to Toronto. He didn't tell his parents about the upcoming surgery, but had to get his brother to sign power of attorney at the last minute in case he died or fell into a coma.

He eventually told his parents, who live in Vancouver.

Chung met with the girls' family after the transplant, but he is only going public with his story now because together with the Wagners they are announcing a non-profit organization, Twins For Hope, to help impoverished children in Vietnam.

"Kris is now part of our family, we love him — I mean what else can you do but love a person who saved your girl's life?" said Johanne Wagner, the twins' mother. "And now we're going to work on helping other kids in need with our foundation."

THE CANADIAN PRESS

POLITICS

Philpott to pay back cash for limo service

Health Minister Jane Philpott is reimbursing taxpayers $3,700 after it was disclosed her office paid thousands to a Toronto-based limo company owned by a Liberal supporter.

Philpott apologized for the "excessive costs" related to her work travel billed to Executive Sedan Livery Service Inc.

"This does not live up to the standard that Canadians expect and I have taken steps to ensure this does not occur again," Philpott said in a statement Thursday night. "I will personally reimburse in full the expenses incurred on March 31 and July 12 for travel to meetings that took place in the Greater Toronto and Hamilton area and in Niagara Falls."

Philpott also said she has asked her department to review travel booked to and from Toronto's Pearson airport — a bill totalling $3,815 for 20 trips — with the same company to ensure that taxpayers were charged fair-market value.

"I will reimburse any excessive expenses based on departmental advice," she added.

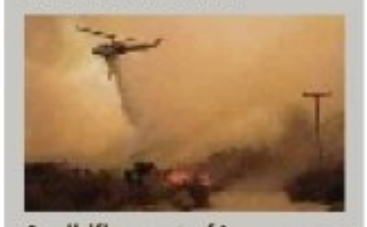
THE CANADIAN PRESS

Jane Philpott
THE CANADIAN PRESS

IN BRIEF

Haiti's cholera victims deserve better, UN admits
The United Nations says it needs to do "much more" to address its own involvement in the introduction of cholera to Haiti and the suffering of those affected, estimated at more than 770,000.

Researchers say there is ample evidence that cholera was introduced to Haiti's biggest river in 2010 by inadequately treated sewage from a UN base. The UN has never accepted responsibility.
THE ASSOCIATED PRESS



A wildfire east of Los Angeles. AFP/GETTY IMAGES

Firefighters try to protect homes in California
Air tankers bombarded slopes with fire retardant Thursday and helicopters dropped load after load of water to corral a wildfire threatening homes 95 kilometres east of Los Angeles.

On the ground, firefighters and bulldozers worked to protect the ski town of Wrightwood and other areas high in the San Gabriel Mountains. Authorities estimated that only half the 4,500 residents of Wrightwood heeded evacuation orders. THE ASSOCIATED PRESS

Shield your eyes
It's Donald Trump like he's never been seen before: Life-size naked statues of the Republican presidential nominee greeted people in New York, San Francisco, L.A., Seattle and Cleveland on Thursday. They're the brainchild of activist collective INDECLINE.
THE ASSOCIATED PRESS

The five-year-old boy who sat alone in an ambulance in a haunting image of war in Aleppo, released Aug. 18. RAF SANCHEZ/TWITTER

T.O. Syrians see home lost to war in photo

LOCAL REACTION

Aleppo-born woman recalls land of flowers, busy streets

Gilbert Ngabo
Metro | Toronto

Bayan Khatib didn't need another graphic reminder that her native country is still in trouble.

But she's hoping the image of a bloodied Syrian child pulled from the wreckage of an Aleppo hospital will propel Canada — and the world — to do more to stop the "madness."

"I think this is a powerful reminder that the insanity continues," said Khatib, who was born in Aleppo and moved to Toronto about 30 years ago.

The picture — and later a video — of Omran Daqneesh, 5, sitting in an ambulance was released by the Syrian opposition after a Wednesday airstrike hit the hospital he was in.

Parallels are being drawn between Daqneesh and Alan Kurdi, the three-year-old whose lifeless body was discovered on the shores of Mediterranean Sea last September. Images of Kurdi prompted the world to react to the refugee crisis and led to Canada's commitment to open its border to 25,000 Syrian refugees.

> **After I saw that image, I couldn't sleep.**
> Mariam Hamaoui

Khatib said she remembers Aleppo as a peaceful place with fragrant flowers and bustling streets.

"It pains me to see how it's become this place where kids have that kind of expression on their face," she said, referencing Omran's picture. "That's about the most horrible thing that you can see."

Mariam Hamaoui, another Syrian-Canadian living in Toronto, said the image was especially troubling for local Syrians who still have family in the country.

"After I saw that image, I couldn't sleep," she said. The world needs to take the Syrian conflict more seriously, she said, instead of waiting until another catastrophe happens.

"There are so many girls and boys like him who are still drowning and dying in rubble," Hamaoui said. "This is not something that can be ignored anymore."

AIRSTRIKE

Omran's family escapes injury

The Russian military said Thursday it was ready to back a United Nations call for weekly ceasefires for Syria's contested city of Aleppo, as haunting footage of a young boy's rescue from the aftermath of an airstrike shook global media.

An hour after his rescue, the badly damaged building the boy was in completely collapsed.

A doctor in Aleppo identified the child as five-year-old Omran Daqneesh. He was brought to the hospital, known as "M10," on Wednesday night, following an air strike by Russian or government warplanes on the rebel-held neighbourhood of Qaterji, said Dr. Osama Abu al-Ezz. The boy suffered head wounds but no brain injury and was later discharged.

Rescue workers and journalists arrived shortly after the strike and described pulling victims from the rubble.

"We were passing them from one balcony to the other," said photojournalist Mahmoud Raslan, who took the photo. He said he had passed along three lifeless bodies when someone handed him the wounded boy.

Eight people died in the strike, including five children, according to a doctor who gave only his first name, Abo Mohammadian. Many doctors working in Aleppo's opposition areas do not give their full names for fear of reprisals against their relatives.

A nurse who treated Omran said "he was in a daze."

"It was as if he was asleep. Not unconscious, but traumatized — lost," said Mahmoud Abu Rajab.

Omran's three siblings, ages 1, 6, and 11, and his mother and father were also rescued from the building. None sustained major injuries. THE ASSOCIATED PRESS

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metro SCIENCE

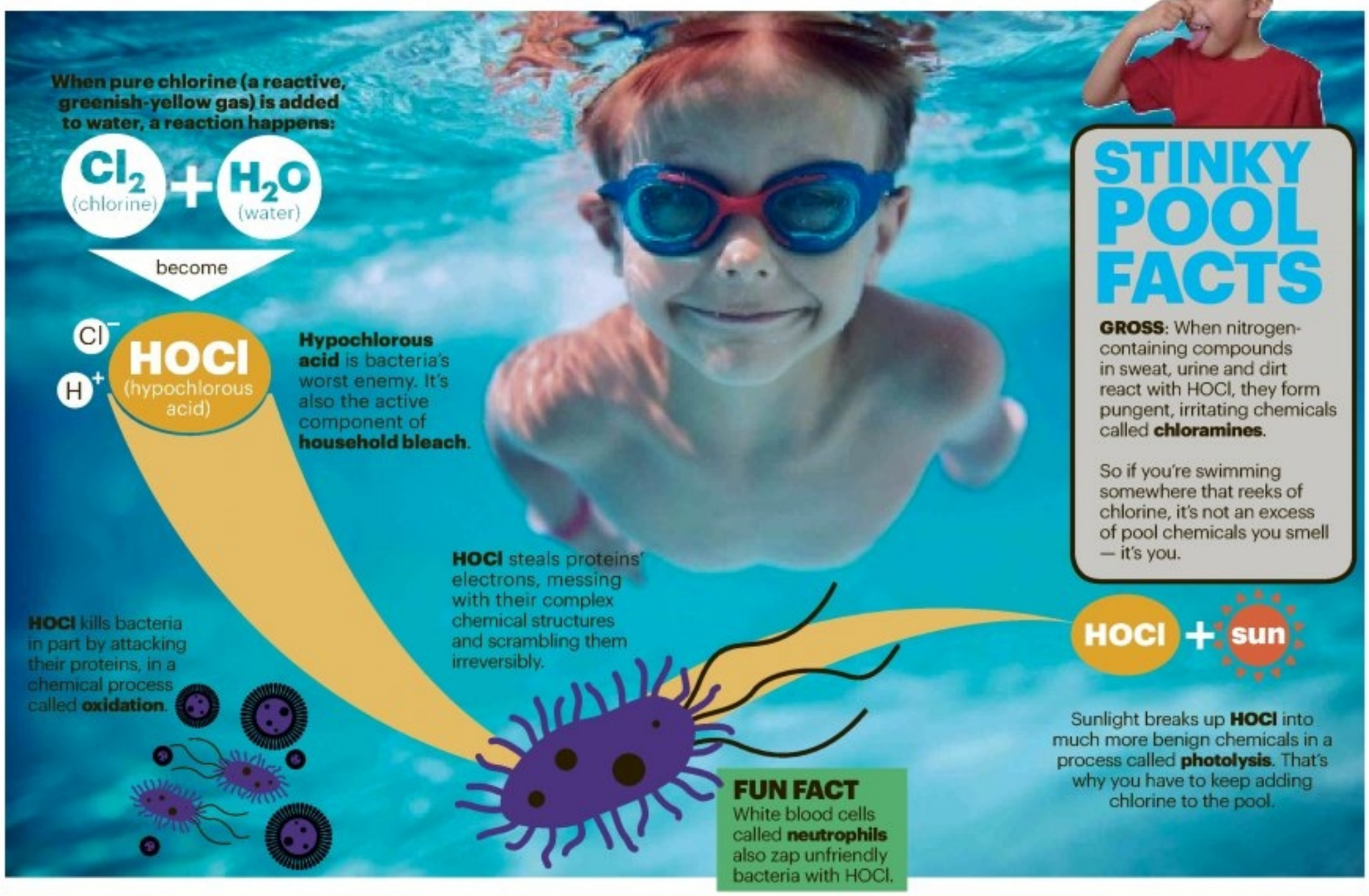
Your essential daily news

Too many video games? A new study suggests millennials 20-34 have a weaker hand grip than older generations.

DECODED by Genna Buck and Andrés Plana

UNDER THE SURFACE OF POOL SAFETY

Nothing is better than a summer swim — but if there's no lake or ocean near you, there's a good chance you'll be splishing and splashing in chlorine. The somewhat stinky chemical is necessary to kill harmful bacteria. There's also a good reason for the rule about taking a shower before swimming, even though it's tempting to skip that step and dive right in. **Here's why.**


When pure chlorine (a reactive, greenish-yellow gas) is added to water, a reaction happens:
Cl_2 (chlorine) + H_2O (water)
become
Cl^-
H^+
HOCl (hypochlorous acid)
Hypochlorous acid is bacteria's worst enemy. It's also the active component of household bleach.
HOCl kills bacteria in part by attacking their proteins, in a chemical process called oxidation.
HOCl steals proteins' electrons, messing with their complex chemical structures and scrambling them irreversibly.
FUN FACT
White blood cells called neutrophils also zap unfriendly bacteria with HOCl.
STINKY POOL FACTS
GROSS: When nitrogen-containing compounds in sweat, urine and dirt react with HOCl, they form pungent, irritating chemicals called chloramines.
So if you're swimming somewhere that reeks of chlorine, it's not an excess of pool chemicals you smell — it's you.
HOCl + sun
Sunlight breaks up HOCl into much more benign chemicals in a process called photolysis. That's why you have to keep adding chlorine to the pool.

CITIZEN SCIENTIST by Genna Buck

Beware of beauty science

How can I tell if beauty product claims are legit? — E., Ottawa

Here's what I do: I look at the label, then pop the name of the active ingredient into Google Scholar with the words "systematic review," to see if it's among the few (like retinoids, a wrinkle remedy), supported by research.

But usually I don't find much. That's because B.S. (beauty science) is rife with exactly what its acronym implies.

Beauty bafflegabbers — bloggers, estheticians, women's magazines, salespeople, even my more cosmetic-savvy friends — can be very convincing with their "facts." They say "You need this, it's good for you," so confidently, and they always look impeccable, and beauty noobs like me can easily be taken in.

But lately I've been pushing back and asking these B.S.ers "What's the evidence for that?"

Their evidence typically consists of appeals to authority and/or celebrity (dermatologists/Chinese healers/Angelina Jolie use this), and vague assurances the product is "clinically proven."

Well, a 2013 study showed more than 80 per cent of claims in beauty ads are either false or so vague they're meaningless. Don't even get me started on clinical studies of cosmetics: They rarely include more than a handful of participants, are done in-house by the companies themselves, and wilfully use biased methodology.

There's only one way to navigate this minefield of B.S. Brush up on your science vocab. I recently re-watched Crash Course Chemistry and Crash Course Biology on YouTube (I forget everything I learned in university). And suddenly I've been noticing flagrant misuse of technical terms everywhere. Example: A wrinkle-care mask that exclaims "formulated with peptide!" on the label.

Peptides are chains of amino acids — a.k.a. the fundamental building blocks of proteins, and therefore all living things. You'd be better off laying a slice of roast turkey on your face.

Science Question? Tweet @genna_buck

FINDINGS
Your week in science

ISTOCK

MOUSE MICROBES
Scientists think they've nabbed the smallest culprit in the reproducibility crisis. Differences in bacteria living in the guts of lab mice seem to account for some differences in results of identical studies.

FIFTH FORCE?
A team of Polish scientists minding their own business, chucking protons at sheets of lithium to look for signs of dark energy, say they've found something far more interesting: A new, super-light subatomic particle. Its existence, if confirmed, would imply an additional type of force in the universe aside from the fundamental four we know.

SOUND SMART

DEFINITION
Stoichiometry is the precise calculation of reactants and products in a chemical reaction. Using **stoichiometry**, scientists balance chemical equations so they're equal on both sides. That's because matter cannot be created or destroyed.

USE IT IN A SENTENCE
Deborah's **stoichiometry** was off. She put too much baking soda in her volcano and her "lava" ended up all over the floor.

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How to channel an arms dealer

INTERVIEW

Jonah Hill had homework to do to play Efraim Diveroli

Richard Crouse
For Metro Canada

Jonah Hill as arms dealer Efraim Diveroli in War Dogs. "I try to approach it from a therapeutic point of view," he says of playing real-life people. "Get into the psychology of why people behave the way they do." CONTRIBUTED

By definition the term 'war dogs' refers to "bottom feeders who make money off war without ever stepping foot on the battlefield."

In the new film War Dogs Jonah Hill plays Efraim Diveroli, a true to life 20-something arms dealer who fits that description to a tee.

"You try to understand why someone would end up like that," Hill says when I ask how he got inside the head of the fast-talking character. "It might be a combination of wiring, lack of empathy, ego and insecurity and obsessiveness. I don't know. I try to approach it from a therapeutic point of view. Get into the psychology of why people behave the way they do. Probably most actors do that."

He wasn't able to meet the real-life Diveroli but he was able to piece together the character without a face-to-face.

"I would always prefer to meet the person but if someone was playing me in a movie I would give them the best version of myself. A lot of times when you meet the person you end up having to be a really good editor, choosing what to include, but always I found meeting the people around them ends up being more helpful to me because they are giving you a warts-and-all portrayal of the person at that time."

Hill found that version of Diveroli from many sources.

"I had a lot of help," he says. "I got to meet David, who Miles (Teller) plays, and a few people who knew Efraim at that time. The biggest key was that they are from Miami and Miami culture is very specific. There is a very big sense of the American dream there, in a positive and negative way. There's a big immigrant culture. People from Cuba and Haiti end up in America for the first time through Miami. Efraim is a corruption of that (American) dream."

In the film Efraim is a self-described "Ugly American," a borderline sociopath for whom belligerence is a default setting.

The unhinged nature of the character and Hill's venal glee in playing up the worst in human nature keeps War Dogs interesting but some audience members see it differently.

Recently a crew of South African arms dealers approached Hill in a restaurant after seeing a trailer for War Dogs.

They were impressed and wanted to high five the actor. He says the same thing happened after he made Wolf of Wall Street, another film where he played a morally ambiguous character who struck a chord with the very people it was satirizing. "A lot of times Wall Street bros will come up to me as if the movie is their Goodfellas or Scarface. People see what they want to see. It is a little scary sometimes when people misinterpret."

He describes the run in with the arms dealers as "uncomfortable."

"You don't want to make it an overly uncomfortable environment while that is happening," he says, "but you also don't want to lie and be dishonest that you are agreeing with them. You don't want to make them feel bad about their misinterpretation. It's an unusual an awkward situation to be sure. In the end, we all want to be seen as heroes in our own story, I guess."

MOVIE RATINGS by Richard Crouse

War Dogs	★★★
Hell or High Water	★
Kubo and the Two Strings	★
Ben-Hur	

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

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MOVIE LISTINGS

DOWNTOWN

Carlton Cinema Theatre
20 Carlton St., 416-494-9371

Absolutely Fabulous: The Movie Fri-Sun 1:50-4:15-6:55-9:30 Mon 1:50-4:15-9:30 Tue-Wed 1:50-4:15-6:55-9:30 Thu 1:50-4:15-9:30 **Ben-Hur** Fri-Thu 1:15-3:55-6:35-9:15 **Billionaire Ransom** Fri-Thu 3:55-9:10 **Edge of Winter** Fri-Thu 1:30-4-6:55-9 **Ghostbusters** Fri 1:25-4-6:35-9:05 Sat 1:25-4-9:05 Sun-Thu 1:25-4-6:35-9:05 **Killer Klowns From Outer Space** Sat 11 **Last Cab to Darwin** Fri-Thu 1:15-6:30 **Pete's Dragon** Fri-Thu 1:45-4:10-6:50-9:25 **Sausage Party** Fri-Thu 1:35-3:45-7-9:15 **The Secret Life of Pets** Fri-Thu 1:40-4:05 **The Tragically Hip: A National Celebration** Sat 8:30 **War Dogs** Fri-Thu 1:20-3:50-6:40-9:10 **Weiner** Fri 6:45-9:20 Sat 6:45 Sun 6:45-9:20 Mon 6:45 Tue-Thu 6:45-9:20

Scotiabank Theatre
259 RichMond St., 416-368-5600

The Infiltrator Fri-Sat 1:40-4:35-7:25-10:20 Sun-Thu 1:30-4:25-7:15-10:10 **Jason Bourne** Fri-Sat 1:20-2-4:10-4:50-7-7:40-9:50-10:25 Sun 1:20-1:50-4:10-4:40-7:30-10:20 Mon 1:50-4:40-7:30-9:50-10:20 Tue 1:20-1:50-4:10-4:40-7-7:30-9:50-10:20 Wed 1:20-1:50-4:10-4:40-7:30-9:50-10:20 Thu 1:20-1:50-4:10-4:40-7:30-10:20 **Lights Out** Fri-Sat 2:45-4:55-7:15-9:25 Sun-Thu 2:45-4:55-7:15-9:20 **Mechanic: Resurrection** Thu 7:15-9:50 **Nerve** Fri 7:15-9:45 Sat 2:10-4:40-7:15-9:45 Sun-Wed 2:10-4:40-7:15-9:35 Thu 1:55-4:25-7-9:20 **Sausage Party** Fri 1:40-2:20-4-4:50-6:50-7:35-9:20-10 Sat 1:40-2:20-4-4:50-6:40-7:35-9:10-10 Sun 2-4:20-6:40-7:30-9:10-10 Mon-Thu 2-2:20-4:20-4:50-6:40-7:35-9:10-10:10 **Star Trek Beyond** Fri-Sat 4-9:50 Sun 3:50-9:50 Mon-Tue 4-9:40 Wed 3:45-9:40 Thu 4-9:40 Fri-Sat 1:30-4:20-7:20-10:20 Sun-Thu 1:30-4:20-7:20-10:15; 3D Fri 1:10-7 Sat-Tue 1:10-6:50 Wed 1-6:50 Thu 1:10-6:50 **Suicide Squad** Fri-Thu 3:10-6:30-9:30; 3D Fri-Thu 2:30-5:45-8:45; IMAX 3D Fri-Thu 1:20-4:10-7:10-10:10 **War Dogs** Fri-Thu 1:10-4-6:50-9:45 Fri-Thu 1:50-4:40-7:30-10:20 **WorldGaming Uncharted 4: A Thief's End Canadian Championship Live** Sun 2

Market Square
80 Front St., 416-494-9371

Ben-Hur Fri-Thu 1-4-7-10 **Florence Foster Jenkins** Fri 1:20-3:40-6:45-9:25 Sat-Sun 11-1:20-3:40-6:45-9:25 Mon-Thu 1:20-3:40-6:45-9:25 **Jason Bourne** Fri 1:25-4:05-7:10-9:45 Sat-Sun 11-1:25-4:05-7:10-9:45 Mon-Thu 1:25-4:05-7:10-9:45 **Pete's Dragon** Fri 1:15-3:55-7:15-9:35 Sat-Sun 11-1:15-3:55-7:15-9:35 Mon-Thu 1:15-3:55-7:15-9:35 **Suicide Squad** Fri 1:30-4:15-7:05-9:40 Sat-Sun 11-1:30-4:15-7:05-9:40 Mon-Thu 1:30-4:15-7:05-9:40 **War Dogs** Fri-Thu 1:05-3:45-6:55-9:55

Varsity
55 Bloor St. W., 416-961-6304

Anthropoid Fri 12:30-3:30-6:30-9:30 Sat-Sun 10:40-1:25-4:25-7:20-10:15 Mon 12:30-3:50-6:50-9:50 Tue 12:40-3:30-6:30-9:30 Wed 1:20-3:30-6:30-9:30 Thu 12:30-3:50-6:50-9:50 **Café Society** Fri 12:20-2:50-5:20-7:50-10:20 Sat-Sun 10:30-1:20-4-6:30-9:10 Mon 1:20-4:20-7:20-10:10 Tue 12:20-2:50-5:20-7:50-10:20 Wed 4:20-7:20-10:10 Thu 1:20-4:20-7:20-10:10 Fri-Sun 12-3-6-9 Mon 12:30-3:10-6-9 Tue 12-3-6-9 Wed-Thu 12:30-3:10-6-9 **Equity** Fri 12:05-2:30-4:55-7:20-10 Sat-Sun 10:30-1:45-4:30-6:55-9:25 Mon 12:45-3:45-6:45-9:20 Tue 12:05-2:30-4:55-7:20-10 Wed-Thu 12:45-3:45-6:45-9:20 **Florence Foster Jenkins** Fri 1-4-7-9:50 Sat-Sun 10:55-1:40-4:15-7-9:45 Mon 1:50-4:40-7:25-10:10 Tue 1-4-7-9:50 Wed 12:30-3:15-6:50-10:10 Thu 1:50-4:40-7:25-10:10 Fri-Sun 12:30-3:30-6:30-9:30 Mon 1-4-6:55-9:50 Tue 12:30-3:30-6:30-9:30 Wed-Thu 1-4-6:55-9:50 **Hell or High Water** Fri 12-2:35-5:05-7:45-10:20 Sat-Sun 10:40-12-2:35-5:05-7:45-10:20 Mon 1:10-4:10-7:10-9:55 Tue 12-2:35-5:05-7:45-10:20 Wed-Thu 1:10-4:10-7:10-9:55 Fri-Sun 1:30-4:30-7:30-10:20 Mon 1:30-4:30-7:30-10:10 Tue 1:30-4:30-7:30-10:20 Wed-Thu 1:30-4:30-7:30-10:10 **Jason Bourne** Fri 12:50-3:50-6:50-9:55 Sat-Sun 11-12:50-3:50-6:50-9:55 Mon 12:40-3:40-6:40-9:40 Tue 12:50-3:50-6:50-9:55 Wed-Thu 12:40-3:40-6:40-9:40 **Star Trek Beyond** Fri 3:40 Sat-Sun 3:55 Mon 3:30 Tue 3:40 Wed-Thu 3:30; 3D Fri 12:40-6:40-9:40 Sat-Sun 1-6:40-9:40 Mon 6:30-9:30 Tue 6:40-9:40 Wed 12:30-9:30 Thu 6:30-9:30 **Suicide Squad** 3D Fri 1:10-4:10-7:10-10:10 Sat-Sun 10:30-1:10-4:10-7:10-10:10 Mon 12:50-3:40-6:30-9:25 Tue 1:10-4:10-7:10-10:10 Wed-Thu 12:50-3:40-6:30-9:25 Fri-Thu 1-4-7-10

Yonge & Dundas 24
10 Dundas St East, 416-977-2642

Andre Rieu's 2016 Maastricht Concert Thu 1-6:30 **Anthropoid** Fri-Thu 1:10-3:50-6:35 **Bad Moms** Fri-Sun 1:55-4:30-7:10-9:40 Mon-Wed 1:55-4:25-7:10-9:40 Thu 4:25-7:10-9:40 Star & Strollers Screening Thu 2 **Ben-Hur** Fri 3:35 Sat-Sun 3:30 Mon-Thu 3:35; 3D Fri 12:45-6:30-9:30 Sat-Sun 12:30-6:30-9:30 Mon-Thu 12:45-6:30-9:30; IMAX 3D Fri-Thu 1:10-4:10-7:10-10:10 **Don't Breathe** Thu 7:15-10 **Finding Dory** Fri-Thu 4:30; 3D Fri-Sun 1:30-7:20-10 Mon-Wed 1:30-7:15-10 Thu 1:30 **Florence Foster Jenkins** Fri-Sun 12:35-3:10-6:10-8:55 Mon-Thu 1:10-3:45-6:45-9:30 **Ghostbusters** Fri-Sun 3:40 Mon-Thu 3:30; 3D Fri-Sun 1:05-6:20-9:15 Mon-Thu 12:50-6:20-9:15 **Happy Bhag Jayegi** Fri-Thu 1:10-4-6:55-9:50 **Indiana Jones and the Last Crusade** Fri 9:30 Wed 9:30 **Indiana Jones and the Temple of Doom** Fri 7 Mon 9:30 Tue 1 **Jason Bourne** Fri 2:30-5:30-8:30 Sat-Sun 11:30-2:30-5:30-8:30 Mon-Thu 2:30-5:30-8:30 **Kubo and the Two Strings** Fri-Thu 5:10; 3D Fri 2:40-7:40-10:10 Sat-Sun 12:10-2:40-7:40-10:10 Mon-Thu 2:40-7:40-10:10 **Line Walker** Fri 2:10-4:45-7:30-10:20 Sat-Sun 11:30-2:10-4:45-7:30-10:20 Mon-Thu 2:10-4:45-7:30-10:20 **The Metropolitan Opera: The Merry Widow Encore** Sat 12:30 Tue 3:30 Wed 12:30 **Mohenjo Daro** Fri-Thu 1:30-3:20-6:50-10:10 **My Best Friend's Wedding** Fri-Thu 1-8 **NT Live: The Audience 2016 Encore** Sun 2:30 Mon 1 **Operation Chromite** Fri-Thu 5:15-10:20 **Pete's Dragon** Fri-Thu 4:25; 3D Fri-Thu 1:50-7-9:35 **Raiders of the Lost Ark** Mon 7 **Rustom** Fri-Sun 1-3-6:15-9:25 Mon-Thu 1-3:35-6:45-9:55 **Sausage Party** Fri 4:30-7:30-10:30 Sat-Sun 1:30-4:30-7:30-10:30 Mon-Thu 4:30-7:30-10:30 **The Secret Life of Pets** Fri-Thu 4:20; 3D Fri 2-6:40-9:10 Sat-Sun 11:40-2-6:40-9:10 Mon-Thu 2-6:40-9:10 **Spaceman** Fri 4:30 Sat 6:35 Sun 12:15 Mon 4:30 Tue 10:15 Wed 7:15 Thu 4:30 **Suicide Squad** Fri-Sun 10:30 Mon-Thu 9:30 Fri 3-6-9 Sat-Sun 12-3-6-9 Mon 3-6-9 Tue-Wed 6-9 Thu 3-6-9; 3D Fri-Sun 1:40-4:35-7:30 Mon-Thu 12:45-3:40-6:35 Fri 4-7-10 Sat-Sun 1-4-7-10 Mon-Thu 4-7-10 **Sweet Sixteen** Fri 12:45-4:15-7:05-9:40 Sat-Sun 12:30-4:15-7:05-9:40 Mon-Thu 12:45-4:15-7:05-9:40 **Thelma & Louise 25th Anniversary** Fri 1:30 Sat 4 Tue 7:30 Wed 4:30 Thu 10 **The Tragically Hip: A National Celebration** Sat 8:30 **Train to Busan** Fri-Thu 9:30 **War Dogs** Fri 3:30-6:30-9:30 Sat-Sun 12:30-3:30-6:30-9:30 Mon-Thu 3:30-6:30-9:30 **WWE SummerSlam** 2016 Sun 7

MIDTOWN

Yonge-Eglinton Centre
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Andre Rieu's 2016 Maastricht Concert Thu 6:30 **Bad Moms** Fri 2:40-5:20-7:55-10:25 Sat 12:15-2:40-5:20-7:55-10:25 Sun 12:20-2:40-5:20-7:55-10:25 Mon-Tue 2:40-5:20-7:55-10:25 Wed 5:20-7:55-10:25 Thu 1:15-3:40-10:25 Star & Strollers Screening Wed 2:40 **Ben-Hur** Fri-Thu 4:10; 3D Fri 1:15-7:10-10:10 Sat 1:10-7:10-10:10 Sun 12:50-7:10-10:10 Mon-Thu 1:15-7:10-10:10 **Don't Breathe** Thu 7:15-9:45 **Jason Bourne** Fri 1:20-4:05-7-9:55 Sat 12:40-4:05-7-9:55 Sun 1-3:50-6:50-9:45 Mon-Thu 1:20-4:05-7-9:55 **Kubo and the Two Strings** Fri-Thu 5; 3D Fri 2:30-7:30-10 Sat-Sun 12-2:30-7:30-10 Mon-Thu 2:30-7:30-10 **Pete's Dragon** Fri-Thu 4; 3D Fri-Thu 1:30-6:45-9:30 **Sausage Party** Fri 1:15-3:25-5:35-7:45-10:05 Sat 11:05-1:15-3:25-5:35-7:45-10:05 Sun-Thu 1:15-3:25-5:35-7:45-10:05 Fri 4:30-7:30-10:30 Sat-Sun 1:30-4:30-7:30-10:30 Mon-Thu 4:30-7:30-10:30 **The Secret Life of Pets** Fri 1:25-3:40-5:55-8:10-10:20 Sat 11:15-1:25-3:40-5:55-8:10-10:20 Sun 12:30-3:05-5:30-7:45-10:05 Mon-Tue 1:25-3:40-5:55-8:10-10:20 Wed 1:25-3:40-5:55 Thu 2:20-4:45; 3D Wed 8:10-10:20 **The Smurfs** Sat 11 **Suicide Squad** Fri-Thu 4:40; 3D Fri 1:50-7:35-10:30 Sat 11:05-1:50-7:35-10:30 Sun-Thu 1:50-7:35-10:30 Fri 4-7-10 Sat-Sun 1-4-7-10 Mon-Thu 4-7-10 **War Dogs** Fri 3:30-6:30-9:30 Sat-Sun 12:30-3:30-6:30-9:30 Mon-Thu 3:30-6:30-9:30 Fri 1:40-4:30-7:20-10:15 Sat 11-1:40-4:30-7:20-10:15 Sun-Thu 1:40-4:30-7:20-10:15

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Bad Moms Fri-Wed 6:40-9:20 **Ben-Hur** Fri-Sun 4:10 Mon 3:50 Tue-Thu 4:10; 3D Fri 1:10-7:10-10:10 Sat 1:15-7:10-10:10 Sun 1:10-7:10-10:10 Mon 12:40-7-10 Tue-Thu 1:10-7:10-10:10 **Don't Breathe** Thu 7-9:30 **Ice Age: Collision Course** Fri 1:45-4:20 Sat 11:15-1:45-4:20 Sun 1:45-4:20 Mon 12:50-3:20 Tue-Thu 1:45-4:20 **Jason Bourne** Fri 12:30-3:30-6:50-9:50 Sat 12:30-3:50-6:50-9:50 Sun-Thu 12:30-3:30-6:50-9:50 **Kubo and the Two Strings** Fri-Sun 5 Mon 4 Tue-Thu 5; 3D Fri-Sun 12-2:30-7:30-10:05 Mon 1-7-9:40 Tue-Thu 12-2:30-7:30-10:05 **Mechanic: Resurrection** Thu 7:20-9:55 **Pete's Dragon** Fri 4:45 Sat 4:50 Sun 4:45 Mon 4:40 Tue-Thu 4:45; 3D Fri 2-7:40-10:20 Sat 11:45-2:15-7:40-10:20 Sun 2-7:40-10:20 Mon 2-7:20-10:20 Tue-Thu 2-7:40-10:20 **Sausage Party** Fri-Sun 12:45-3-5:20-7:50-10:20 Mon 2:15-4:50-7:40-10:05 Tue-Thu 12:45-3-5:20-7:50-10:20 **The Secret Life of Pets** Fri 3:45 Sat 4:20 Sun 3:45 Mon 4:20 Tue-Thu 3:45; 3D Fri 1:15-6:45-9:10 Sat 11:30-2-6:50-9:10 Sun 1:15-6:45-9:10 Mon 1:45-6:45-9:10 Tue 1:15-6:45-9:10 Wed 1:15-9:45 Thu 1:15 **The Smurfs** Sat 11 **Suicide Squad** Fri-Sun 12:15-3:15-6:30-9:30 Mon 12:30-3:30-6:30-9:30 Tue-Thu 12:15-3:15-6:30-9:30; 3D Fri-Sun 1-4-7-10 Mon 1:15-4:10-7:10-10:10 Tue-Thu 1-4-7-10 **War Dogs** Fri-Sun 1:30-4:30-7:20-10:15 Mon 1:30-4:30-7:30-10:15 Tue-Thu 1:30-4:30-7:20-10:15

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Your essential daily news

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The Hip guide to Kingston

FINAL STOP

Proud Kingston girl shares tips for tourists

Kristen Lipscombe
Metro | Halifax

Every good Canadian knows the members of The Tragically Hip are from Kingston, Ont., but what does the average Canadian know about Canada's first capital city?

Yeah, you read that right. Kingston is the first capital of a United Canada and home of our first Prime Minister, Sir John A. Macdonald. Want to know more about the home of The Hip, just in time for the beloved band's Kingston concert Saturday night, which caps off an emotional Man Machine Poem tour? Here's a quick insider's look at Kingston, from a proud Kingston girl now living in Halifax, but always homesick for "K-town."

History

Kingston may be a small, sometimes even overlooked locale, nestled somewhere in southeastern Ontario among the bright lights of bigger cities such as Montreal and Toronto, but when it comes to Canadian tourism, it's actually a pretty big hotspot.

For history buffs, places to see include Bellevue House National Historic Site, which is where Sir John A. Macdonald lived while serving as Prime Minister and the Cataraqui Cemetery National Historic Site of Canada, which is where the first PM now rests.

Those interested in Kingston's strong military past can stop by Murney Tower National Historic Site of Canada as well as the famous Fort Henry National Historic Site of Canada, which was built during the War of 1812.

More recently, the infamous Kingston Penitentiary, which was built in 1833 and closed down in 2013, has opened its doors for members of the public brave enough to enter. As Canada's oldest maximum-security prison, it housed some of the country's most dangerous and notorious criminals.

Where to eat

After shaking off those penitentiary cobwebs, check out the Kingston 1,000 Island Cruises, an onboard dining experience that takes you through the beautiful 1,000 Islands (and yes, that's how the salad dressing got its name).

Or if you're more the dry land type, head to gorgeous downtown Kingston, where Ontario Street runs along the waterfront and Princess Street offers plenty of shopping and restaurant options. Chez Piggy is one of the better known fine-dining restaurants, Pan Chancho and the Wolfe Island Bakery are fantastic for casual lunches, and Woodenheads has the best gourmet pizza.

Pubs such as The Toucan and the Tir Nan Og Irish Pub are great places for live music or to kick off a night on the town, while craft beer lovers should check out Stone City Ales.

Bonus stop

The Hip are well-known for incorporating spaces and places across Canada into their lyrics.

If you're looking for a lesser-known Kingston location that happens to be mentioned in a Hip song, check out Skeleton Park, officially known as McBurney Park. It was established as a burial ground in 1819, but is now a public park, its playground and various daily activities eerily taking place atop unmarked graves. Rumours about neighbours finding bones and ghosts haunting the area have long been a part of local Kingston folklore.

"In Skeleton Park / One fine summer evening / The sun teased the dark / Like the last strawberry," Downie sings on a bonus track on the We Are the Same album, released in April 2009.

"I could hear them on the breeze / Hear them moving through the trees / The ghosts of the Rideau Canal start to sing / And patting grass you said / 'Come sit next to me, by my sweetheart' / Over in Skeleton Park."

ONLINE
Be sure to look out for Kristen Lipscombe's dispatches from the last Hip show at metronews.ca

If you're in Kingston this weekend for The Tragically Hip's final show, be sure to take in some Hip related sightseeing.
MAIN PHOTO ISTOCK, INSET PHOTO THE CANADIAN PRESS

+ CONCERT DETAILS

- The final show of The Tragically Hip's 15-date Man Machine Poem tour takes place Aug. 20 at Rogers K-Rock Centre in Kingston, home of the Ontario Hockey League's Kingston Frontenacs, which can only welcome about 6,000 lucky Hip fans.
- Kingstonians who won't make it into the arena can gather in Springer Market Square and surrounding streets, in the heart of the city's downtown core, for a free public screening of CBC Television's live stream of the concert. Saturday has been named The Tragically Hip Day in Kingston.
- Other Canadians can attend viewing parties in their own hometowns, or watch the concert live in its entirety starting at 8:30 p.m. ET, as a "late breaking story" on the CBC.

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5 CANADIAN REGIONS TO KNOCK OFF YOUR BUCKET LIST

Working as a travel journalist for the last 15 years I have been fortunate enough to travel the globe; some of the hidden gems I discovered were right under my nose.

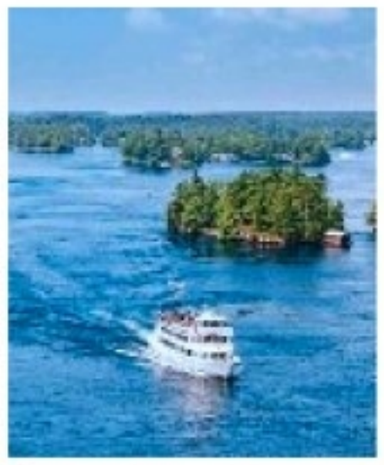
LOREN CHRISTIE/FOR METRO

1 Cariboo Region, B.C.

Dominated by mountain scenery and the powerful Fraser River, British Columbia's scenic Cariboo Region embraces its heritage of cowboys and gold mining. The Echo Valley Ranch & Spa, near the town of Clinton, is uniquely positioned amidst the mountains, grasslands, canyons and forests of the interior, making it the perfect spot to explore your inner cowboy. Horseback riding, gold panning, bear viewing and campfires are just some the activities offered by the hospitable owners.

2 Canadian Badlands, Alta.

Alberta's Rocky Mountain Parks are beautiful but the area south east of Calgary, known as the Canadian Badlands, has dinosaur bones! Dinosaur Provincial Park offers un-earthly scenery and the chance to be part of a real archeological dig. Would-be paleontologists are given a toolkit that includes a paintbrush, hammer and dental pick ... for the more delicate work.

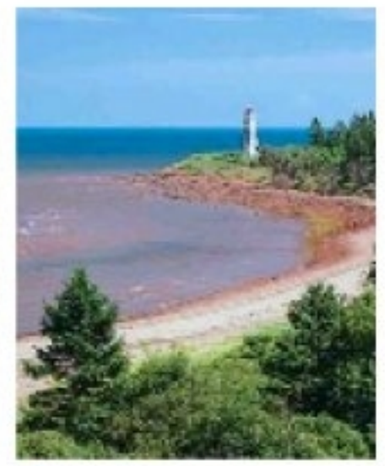


3 Thousand Islands, Ont.

Nestled along the St. Lawrence Seaway between Toronto and Montreal, the Thousand Islands is cottage country at its most charming. Famous for the presence of shipwrecks dating back to the War of 1812, the area is actually comprised of 1,865 islands. Highlights including Boldt Castle, Millionaire's Row and Zavikon Island are best seen by boat. Public cruises are also offered.

4 Charlevoix Region, Que.

The Charlevoix Region north of Quebec City has a long-established reputation for agro tourism and fine dining. Explore Isle-aux-Coudres by bike or take a stunning rail trip to Baie Saint Paul. At most farms in the area, products can be sampled and purchased on site. The chefs in the region's various hotels and restaurants do their part by including local products in all of their menus.



5 Nova Scotia's northern coast

Nova Scotia's Highway 7 hugs the province's northern coast stretching from the New Brunswick border through to Cape Breton. The area is dotted with picture perfect fishing villages, stunning vistas and a number of attractions. Locals proudly boast that these are, "the warmest waters north of the Carolinas."

All images Getty

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Sayulita's sweetest secrets

DESTINATION

Surf town on Pacific coast is one of Mexico's little treasures

Karen Kwan
For Metro Canada

Only a half-hour drive on a leafy, winding road from Puerto Vallarta airport lies the relaxed surf town Sayulita. It's somehow managed to stay relatively under the radar — in fact, brush up on your Spanish in order to converse with many of the locals — even though everyone who visits falls in love with its laidback atmosphere, waves and sweet sunsets.

To get the most out of your vacay, here are six of Sayulita's sweetest secrets.

Surf

With manageable waves for beginners and bigger ones for the more experienced, Sayulita has long been a favourite for those looking to improve their surf skills. Sign up for inexpensive lessons ($60 US for a 90-minute lesson, plus an additional hour with the board at Lunazul) to learn how to get up, identify good waves and how to safely fall.

Shop

Design-minded folks will swoon over the pretty jewelry, graphic ceramics, soft rugs and breathtakingly decorated skulls (both authentic and ceramic ones are available) from local and Oaxacan artists at Evoke the Spirit.

Sayulita, a village about 25 miles north of downtown Puerto Vallarta, Mexico, has managed to stay relatively under the radar — despite its relaxed atmosphere and stunning beaches. MAIN PHOTO BOOKING.COM; OTHERS RIVIERA NAYARIT CONVENTION & VISITORS BUREAU

Tourists can indulge in an array of inexpensive beach snacks including fresh banana bread, empanadas and shrimp skewers.

Design-minded folks will swoon over breathtakingly decorated skulls from local artists.

TRAVEL TIP

No plan? Let your passions lead to way on your vaycay

When you know what you love to do when you travel, but don't know where to go for your vacation, easily explore the destination options using booking.com's Passion Search feature. (It was with good grub and surfing in mind that led us to Sayulita.)

Savasana

Haven't found your zen by catching that perfect wave? Drop in for a yoga class at Hotelito Los Suenos, where you can select from vinyasa, hatha, yin, or their signature session in the a.m., which focuses on breathwork and alignment.

Swim

When the waves prove too strong in the playa principal, walk 10 minutes south past Villa Amor and the colourful cemetery to Playa de los Muertos. Here, the water is calmer and the beach less crowded.

Savour

Indulge in a wide variety of inexpensive beach snacks including fresh banana bread, empanadas, shrimp skewers and fresh fruit. In town, make like a local and get your tacos carnitas at Carnitas Prieto's, fish tacos at The Real Fish Taco, and seafood at Mary's.

Karen Kwan was a guest of booking.com, who did not pay for or review this story.

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metro RIO

"Put 800 lions in a cage, throw out a big steak and open the doors. That's BMX": American rider Connor Fields

Wiebe locks up gold

RIO2016

Canadian wrestler shuts out opponents in final 2 bouts

They better have been singing O Canada loudly in Stittsville, Ont., on Thursday night.

Erica Wiebe, the pride of the suburban Ottawa town and Canada's newest Olympic wrestling gold medallist, belted out the national anthem through welling tears and swelling pride and thought back to a visit she made to her hometown and a feeling of deja vu.

"I visited my elementary school in June and I made all the kids sing O Canada with me and I got these tingles in my body in that moment," Wiebe said minutes after easily handling Kazakhstan's Guzel Manyurova 6-0 in the 75-kilogram gold-medal bout 1.

"I was really hoping they would hear me today because they sang way better than I did."

They may have sung better back then but none wrestled better than the 27-year-old who now trains out of Calgary. Wiebe went unbeaten in four bouts to become Canada's first female wrestling gold medallist since Carol Hunyh in Beijing eight years ago.

Erica Wiebe GETTY IMAGES

Wiebe defeated Vasilisa Marzaliuk of Belarus 3-0 in the semifinals early Thursday after beating China's Fengliu Zhang 5-2 in the quarter-finals. She was an easy winner over Germany's Maria Selmaier in the opening round.

"She beat the top six women at last year's world championship so we knew she had it in her, it was getting her to do it in this arena," her Calgary coach, Paul Ragusa said.

"We had some major words that we focused on: grit, discipline, focus, being sharp and crisp, and that's what she was today."

The five-foot-nine Wiebe was a bundle of enthusiasm before the gold-medal bout, bounding into the ring like she was on springs. And when it was over, the goal reached, the perfect day an emotional medal ceremony from being over, she first grabbed Ragusa, hugged him within in an inch of his life and then carried him around on her shoulders for a victory lap of the mat.

"I just wanted to unleash everything I've put in over the last eight years," Wiebe said. "We work really hard and to not put it all on the mat, that's the worst feeling, that's what I wanted to do today."

TORSTAR NEWS SERVICE

PHOTOS BY GETTY IMAGES

RIO CanCon

Warner reels in bronze

Damian Warner captured bronze in the decathlon on Thursday at the Rio Olympics 2.

The London, Ont., native finished the 10-discipline competition with 8,666 points. He matches Dave Steen from the 1988 Seoul Games for the best-ever Canadian finish in decathlon.

Defending champion Ashton Eaton of the U.S. won gold with 8,893 points while France's Kevin Mayer took silver with 8,834 points. THE CANADIAN PRESS

Benfeito captures second medal of the Games

Diver Meaghan Benfeito capped off her Rio run in style after winning her second bronze and first individual medal 3.

The 27-year-old from Laval, Que., finished with an overall score of 389.20, behind Ren Qian and Si Yajie of China. She previously won bronze with Roseline Filion in the 10-metre synchronized event. THE CANADIAN PRESS

Henderson on birdie watch

Brooke Henderson made her move in the second round of women's golf.

The product of Smiths Falls, Ont., had five consecutive birdies to finish 7-under 64 and shot up the leaderboard into a tie for third with Britain's Charley Hull, closing in on South Korea's Inbee Park and American Stacy Lewis. THE CANADIAN PRESS

RIO Toronto Athletes to watch

WHO: Melissa Pagnotta
WHAT: Taekwondo
WHEN: Women's 67-kilogram preliminary rounds start 8 a.m. Friday.

Pagnotta, 27, of North York, is the first Ontario athlete to represent Canada at the Olympics in taekwondo. She has won gold three times at international competitions.

WHO: Andre De Grasse, Aaron Brown, Brendon Rodney
WHAT: Track and field
WHEN: The finals for men's 4x100-metre relay start 9:35 p.m. De Grasse will try to lead Canadians in taking down rival Usain Bolt and the Jamaican team, who hold the world record in the competition.

WHO: Kadeisha Buchanan, Nichelle Prince, Rebecca Quinn
WHAT: Soccer
WHEN: The bronze-medal game will start 12 p.m. Friday.

After falling to Germany 2-0 in the semis, the Canadian team will have a hard task to defeat host Brazil for the bronze.

TRACK AND FIELD

De Grasse fastest after Bolt in 200

He could not beat Usain Bolt. Nobody can, when it matters. When it matters, Bolt has all the answers. He dances in, wiggles and shakes and never shows nerves, because he knows he has the answer in his back pocket.

But Markham's Andre De Grasse had one last real head-to-head shot with the greatest, and if you want to be the greatest, you take your shot. Bolt says he will retire after the 2017 world championships: he will turn 30 on Sunday, and has already climbed all the mountains.

So, in the 200-metre final, Bolt tried for a last individual bout of glory on the biggest stage on Earth, and the 21-year-old Canadian tried to run with him. Bolt danced in the intros, so comfortable. He said he wanted to break his record of 19.19 from 2009, but that was never on the table.

> **There was no laughing ... I wanted to challenge him for a gold medal.**
> Andre De Grasse

Still, dominant: a 19.78 that left everyone behind. And the closest man to him was Andre De Grasse in 20.02 4.

"I was feeling pretty good. I was ready to try to challenge him and he just ran away from me," De Grasse told CBC. "It is what it is."

France's Christophe Lemaitre and Britain's Adam Gemili tied for bronze in 20.12. But De Grasse was clearly the second-best runner in the field. Justin Gatlin, the silver medallist in the 100, didn't make the final here. De Grasse did.

"It's my first Olympic Games I can't complain ... I'm just looking forward to the next one," he said.

"I never thought this would happen so it really is a dream come true." TORSTAR NEWS SERVICE

Usain Bolt GETTY IMAGES

metro SPORTS

The Buffalo Bills have made a $35-million deal to change the name of their home from Ralph Wilson Stadium to New Era Field

Brazil officials say 'no robbery was committed'

RIO2016

Security footage sheds light on swimmers' wild night at Games

Brazilian police said Thursday that swimmer Ryan Lochte and U.S. teammates were not robbed after a night of partying, and that the intoxicated athletes instead vandalized a gas station bathroom and were questioned by armed guards before they paid for the damage and left.

The robbery that was or wasn't has become the biggest spectacle outside of the Games in Rio.

"No robbery was committed against these athletes. They were not victims of the crimes they claimed," Civil Police Chief Fernando Veloso said during an afternoon news conference.

The police account raised questions about whether it's possible Lochte and the swimmers believed they were victims of a robbery. Lochte's attorney has maintained that one took place. He, as well as Lochte's father and agent, did not return phone calls.

Lochte initially said he and Jack Conger, Gunnar Bentz and Jimmy Feigen were held at gunpoint and robbed. Police said earlier this week that they couldn't find evidence to substantiate the claim, and a judge ordered the swimmers' passports held. Lochte had already returned to the U.S. but the others stayed, and Conger and Bentz were pulled off a plane at the Rio airport.

While some details in the official account of the story changed on Thursday — police first said no guns were involved, then backtracked and said two guards drew weapons — security video confirmed that the athletes vandalized parts of the gas station.

A gas station worker arrives, and other workers go to inspect the damage. Veloso said the swimmers broke a door, a soap dispenser and a mirror.

The swimmers eventually talk with security guards, who persuade them to walk to another section of the station.

As they talk, two of the swimmers put their hands up and all four sit down on a curb. After several minutes, they stand up and appear to exchange something — perhaps cash, as police said — with one of the men.

A police official speaking on condition of anonymity said two guards pointed guns at the swimmers. Veloso said the guards would have been justified in drawing their guns because the athletes "were conducting themselves in a violent way."

A station employee called police, and the guards and employees tried to get the swimmers to stay until authorities arrived, Veloso said. But he said the athletes wanted to leave, so paid 100 Brazilian reals (about $33 US) and $20 in U.S. currency and left.

THE ASSOCIATED PRESS

Ryan Lochte is back in the U.S. but his swimming teammates Jack Conger, from bottom left, Gunnar Bentz and Jimmy Feigen are still in South America. ALL PHOTOS GETTY IMAGES

DOPING INVESTIGATION

Harrison agrees to meet with league

Steelers linebacker James Harrison is willing to meet with the NFL to discuss an alleged link to performance-enhancing drugs — but only five days after a deadline the league has imposed while threatening him and three other players with indefinite suspensions.

NFL Players Association attorney Heather McPhee sent a letter to the NFL on Thursday, accusing it of trying to "bully and publicly shame" Harrison without offering evidence beyond a brief mention in a TV interview last year that was recanted by the accuser.

Green Bay's Clay Matthews and Julius Peppers, and free agent Mike Neal also were threatened with suspensions.

The league's deadline for cooperation from the four players is Aug. 25. McPhee's letter says Harrison would meet with the NFL at 5 p.m. on Aug. 30 at the team's facility, and would only discuss the portion of the Al-Jazeera interview that mentioned the 14-year veteran.

In the report, Charlie Sly, who worked as an intern at an anti-aging clinic, made claims of PED use against several athletes, including the four linebackers. Sly later recanted his claims.

"Is the NFL aware of any credible evidence — other than the recanted remarks by one individual shown by Al-Jazeera — that indicates that there is any validity to the remarks about Mr. Harrison?" McPhee wrote to Adolpho Birch, the NFL's senior vice-president for labour policy and league affairs.

THE ASSOCIATED PRESS

IN BRIEF

Tigers' slow down Red Sox

Miguel Cabrera reached another milestone, and that was just one highlight for the Detroit Tigers in a scrappy eighth-inning comeback.

Cabrera singled for his 1,000th RBI with the Tigers, and Detroit went on to score three runs in the eighth, rallying for a 4-3 win over the Red Sox on Thursday that snapped Boston's six-game winning streak. Second baseman Ian Kinsler caught a line drive by Mookie Betts for the final out in the ninth with runners on second and third.

THE ASSOCIATED PRESS

Mariners sale approved

Major League Baseball owners approved the sale of a controlling stake in the Seattle Mariners from Nintendo of America to a group of minority owners led by Western Wireless Corp. founder John Stanton and retired Microsoft executive Chris Larson.

The sale was announced in April and approved Thursday. Baseball commissioner Rob Manfred said the deal will close Friday or Monday.

THE ASSOCIATED PRESS

EPL

Pogba is 'ready' for Utd debut

Manchester United's world-record signing Paul Pogba is ready to make his season debut at home to Southampton in the English Premier League on Friday, according to manager Jose Mourinho.

Pogba, who left United at age 19 for Juventus four years ago and was re-signed for $116 million, has been training for 11 days. But the France midfielder isn't yet ready to play a full match. "Yes, he's ready to play," Mourinho told a news conference on Thursday.

"Ninety minutes? I don't believe. Super performance? I don't believe. But in condition to accelerate his process of integration in the team, that's for sure."

Pogba missed United's opening league game — a 3-1 win at Bournemouth last weekend — because of a ban carried over from his time at Juventus.

But Mourinho highlighted that Pogba would need less time to fit in to the club's set-up, as a former United player.

"Adaptation is really easy because he is a boy from here, he knows the club, he knows everybody," Mourinho said.

"There's no need for time to adapt." Mourinho was also upbeat about his other headline signing, Zlatan Ibrahimovic, who has already spoken about staying for the optional second year attached to his one-year contract.

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TRANSFER

Benteke to leave Anfield

Liverpool striker Christian Benteke is set to join Crystal Palace for a club record 27 million pounds plus add-ons. The forward never really got going at Anfield, scoring just 10 goals in 42 games. METRO

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PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Don't forget your slow cooker in the summer – nothing keeps your kitchen cooler!

Ready in 8 hours
Prep time: 20 minutes
Serves 4

Ingredients
- 3/4 cup bacon, chopped into inch-length pieces
- 500 gram pork loin, cubed
- Glug of vegetable or olive oil
- 2 onions, diced
- 4 cloves garlic, minced
- 1 sweet pepper, chopped
- 1 carrot, peeled and diced
- 1 1/2 tsp cumin
- salt and pepper to taste
- 2 x 19 ounce cans beans, rinsed
- 1/2 cup of strained canned tomatoes
- 1 cup water

Directions

1. In a large skillet, brown the bacon for about 5 to 10 minutes. Place on a piece of paper towel and drain almost all excess fat.

2. In small-ish batches, brown the pork in the skillet. Place the bacon and pork into the slow cooker.

3. Toss all of the vegetables in the skillet over medium heat. Sprinkle cumin over the vegetables and give it a good stir until they just begin to soften.

4. Place vegetables, tomatoes. water and beans in the slow cooker, stir and set to low for 6 to 8 hours.

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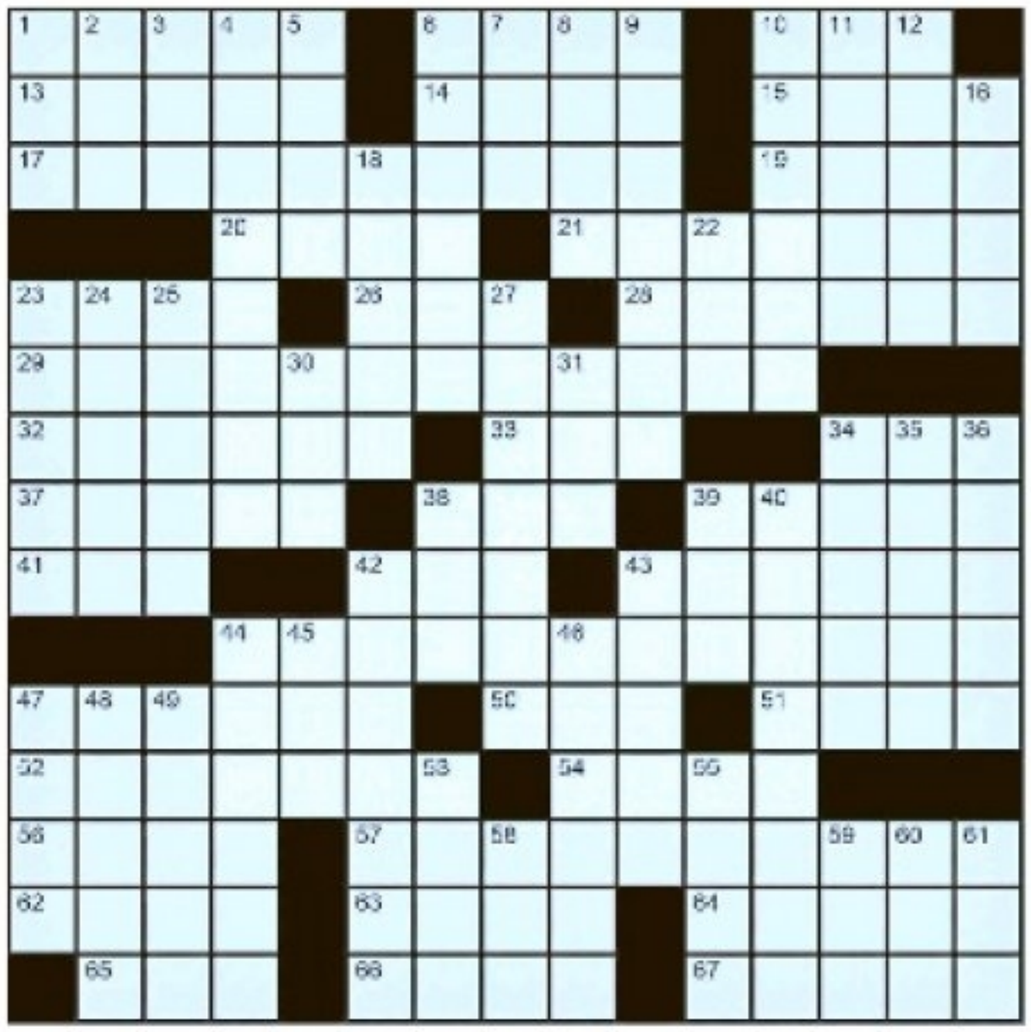
BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: Basketball, fun-style
6. Ms. Helgenberger
10. Mr. Hunter
13. "Coffee _ _?"
14. Busy as _ _
15. "_ _ surprised as you!"
17. RIO 2016: Prior to Rio, the last time Golf was an Olympic sport was St. Louis 1904 when a Canadian won the gold medal ...who was he?: 2 wds.
19. Pro _ (Proportionately)
20. Brave New World tablet
21. Ottawa: The Red Chamber figure
23. Prefix meaning 'Eight'
26. _ Beach, Hawaii
28. RIO 2016: Horse _ (Component of #57-Across)
29. RIO 2016: Cross-Country need in Cycling: 2 wds.
32. Wayward
33. Electrical discharge
34. Judy, to Liza
37. The J. _ Band
38. In favour
39. "_ _ _ film today..." (Beatles line)
41. Prince Valiant's son
42. The Col.'s eatery
43. CAA service
44. RIO 2016: _ Swimming
47. Music storage container: 2 letters + wd.
50. Royal officer, for short
51. 'Trillion'-meaning prefix
52. RIO 2016: Jumped-over things in Track & Field
54. Infamous Vamp.
56. "_ _..." (Prayer beginning)
57. RIO 2016: Modern _
62. Ratchet part
63. Water: Spanish
64. Comedy act, Stiller & _
65. Compass dir.
66. "Drats!"
67. Particular poet

DOWN
1. Don't share
2. Mined stuff
3. 'Ear'-meaning prefix
4. RIO 2016: _ best (Athlete's top-ever performance)
5. Palm starch
6. RIO 2016: Lilongwe is this IOC country's capital
7. 'Lull' ending
8. Antique autos [abbr.]
9. Non-name brand
10. Rant
11. Violin-making family
12. RIO 2016: 4 x 100m Relay prop in Track & Field
16. Famed puppeteer Tony
18. 1933 Broadway musical, Let '_ _ Cake
22. 'Neat' suffix
23. RIO 2016: Olympics official timekeeper
24. Apples gadget
25. Burial shroud city in Italy
27. Lawlessness
30. Heavy wts.
31. Fam. member
34. Corn
35. Proprietor
36. Eva and Zsa Zsa Gabor's older sister
38. Gomer Pyle's rank [acronym]
39. 'Opt' suffix
40. Changed
42. RIO 2016: Athlete's protection, perhaps
43. Bing Crosby's "_-_-Loo-Ra-Loo-Ral"
44. RIO 2016: Equestrian's seat
45. Couture monogram
46. _ _ sale
47. Prepare veggies
48. "Max _ Returns" (1983)
49. Queen Elizabeth's 'hat'
53. Video game maker
55. Prefix with 'sphere'
58. Called-one's occupation
59. Movies composer Francis
60. Hosp. sites
61. _ Geo (Nature mag, cutely)

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a loosey-goosey day. It's a poor day for major purchases and important decisions. (It's OK to buy food and gas.)

Taurus April 21 - May 21
If you can hunker down at home today, you will enjoy yourself, because you need to cocoon right now. This is a creative day for you, especially if you work in the arts.

Gemini May 22 - June 21
You're eager to communicate with others now; however, tension with partners and close friends is likely. This tension will be gone by the end of September.

Cancer June 22 - July 23
Be careful, because you are focused on money right now and probably considering a major purchase. Today is a poor day for a major purchase. Wait until tomorrow.

Leo July 24 - Aug. 23
You have a few more days with the Sun in your sign giving you a chance to re-energize yourself. People and favorable situations are attracted to you. Make the most of this.

Virgo Aug. 24 - Sept. 23
Although this is a good time to buy wardrobe items for yourself, today is not the day. Wait until tomorrow; you will be glad you did.

Libra Sept. 24 - Oct. 23
In one way, you are keen to socialize, and you are out there flying your colors. However, a different influence makes you want to hide and be low-key. At least you have a choice.

Scorpio Oct. 24 - Nov. 22
This is a great day to schmooze with others. Keep things lighthearted and avoid important decisions. Don't volunteer for anything.

Sagittarius Nov. 23 - Dec. 21
Travel, education and publishing are on your mind now. However, this is a poor day to make a decision regarding these matters. Nevertheless, it's a lighthearted, creative day for you.

Capricorn Dec. 22 - Jan. 20
You will enjoy talking to people from different cultures and different backgrounds, because you want to learn something new. It's easy to be openminded today.

Aquarius Jan. 21 - Feb. 19
It's good to know that you can benefit from the wealth and resources of others at this time. Today, however, is a poor day for important decisions, especially about a commitment.

Pisces
Feb. 20 - March 20
Relations with partners and close friends are unusually warm and cozy now. Don't hesitate to tell others how much you care. Don't leave it to their imagination.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3			8		5			4
			3		6			
	2						8	
5	4			3			7	8
8	1			7			2	5
	7						9	
			4		7			
9			5		2			6

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7	8	3	1	4	9	6	5	2
2	3	1	4	7	8	9	6	5
9	7	6	3	5	1	8	2	4
8	4	5	9	2	6	1	7	3
4	6	8	7	1	5	2	3	9
1	5	7	2	9	3	4	8	6
3	9	2	6	8	4	5	1	7

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